



Illinois PRAMS FACTS – 2011

Pregnancy Risk Assessment Monitoring System

Pre-Pregnancy Health

- During the month before pregnancy, 34% of women took a multivitamin, prenatal vitamin or folic acid vitamin every day of the week. Twelve percent took a vitamin between 1 to 6 times per week, and 54% didn't take a vitamin at all.
- During the year prior to pregnancy:
 - 47% of women said they were exercising three or more days of the week and 28 percent were dieting to lose weight.
 - 52% of women had their teeth cleaned by a dentist or dental hygienist.
 - 11% of women visited a health care worker to be treated or checked for diabetes and 12% were treated or checked for high blood pressure. 12% were treated or checked for depression/anxiety.
 - 29% of women talked with a health care worker about family medical history.

Family Planning

- 42% of pregnancies resulting in live births were reported as unintended.
- Highest rates of reported unintended pregnancies occurred in age group: <20 yrs. (81%), race: black (67%), education: <12 yrs. (61%), and marital status: other (67%).

Prenatal Care

- 84% of women reported that they received prenatal care in the first trimester of pregnancy.
- Of those not receiving prenatal care in the first trimester, the most common reasons were "I couldn't get an appointment when I wanted one" at 40% and, "I didn't know that I was pregnant" at 38%.
- 47% of women reported using WIC services during pregnancy.
- 47% of women went to a dentist or dental clinic during pregnancies, and 47% reported being counseled by a dental or other health care worker about care of teeth and gums. 21% reported teeth problems during pregnancy.
- 77% of women reported a doctor, nurse, or other health care worker talked with them about what to do if they felt depressed during their pregnancies or after the birth of their babies. During pregnancy, 9% of women were told by a health care professional that they had depression.

Risk Factors

- 3% of women reported being physically abused by their husbands/partners in the 12 months before pregnancy; 3% also reported abuse during pregnancy.
- 22% of women smoked cigarettes during the three months before they became pregnant and 10% smoked during the last three months of pregnancy.
- 57% of women reported drinking alcoholic beverages on a weekly basis in the three months before becoming pregnant. That figure dropped to 7% during the last three months of pregnancy.



- Since their new baby was born, 11% of women were told by a health care professional they had depression.

Infant Health and Care

- 99% of women reported that their babies had a well-baby checkup with 96% occurring in the first week after birth. 63% of these checkups occurred at a private doctor's office or HMO clinic.
- 75% of women reported they most often put their babies to sleep on his or her back. 88% of women reported that their babies slept in a crib, 87% of babies slept on a firm mattress, and 30% slept with crib bumpers.
- 81% of women reported breastfeeding their babies at least once after birth and 68% were still breastfeeding one month after delivery.
- Among women who did not breastfeed, the most common reasons for not doing so were they did not like breastfeeding (40%) or didn't want to breastfeed (32%).

Source: 2011 Illinois Pregnancy Risk Assessment Monitoring System, Illinois Department of Public Health, Illinois Center for Health Statistics.

For more information about Illinois PRAMS, visit <http://www.dph.illinois.gov/data-statistics/prams> or call 217-557-5317.